



All-purpose Pizza Dough



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



1502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 3.3 cups flour all-purpose divided
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups warm water (100° to 110°)

Equipment

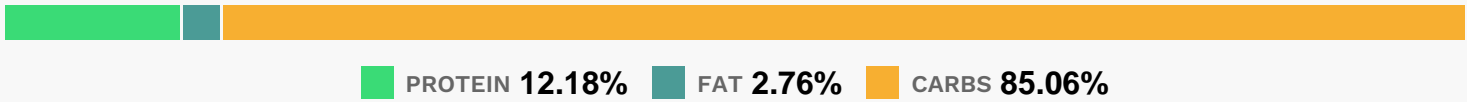
- ☐ bowl
- ☐ oven
- ☐ knife

- ☐ aluminum foil
- ☐ ziploc bags
- ☐ measuring cup
- ☐ kitchen scissors

Directions

- ☐ Dissolve yeast in warm water in a large bowl, and let stand 5 minutes. Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Add 1 cup flour and salt to yeast mixture, and stir well. Stir in 2 cups flour, 1 cup at a time, stirring well after each addition. Turn the dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes), and add enough of the remaining flour, 1 tablespoon at a time, to prevent the dough from sticking to hands (dough will feel tacky).
- ☐ Place the dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If an indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Shape dough according to the recipe directions.
- ☐ Note: To freeze, let the dough rise once, punch down, and shape into a ball.
- ☐ Place in a heavy-duty zip-top plastic bag coated with cooking spray; squeeze out all air, and seal. Store in freezer for up to 1 month. To thaw, place dough in refrigerator 12 hours or overnight. With scissors, cut away the plastic bag.
- ☐ Place dough on a floured surface, and shape according to recipe directions. Alternatively, for pizza, you can make the dough, roll out, wrap in foil, and freeze. To bake, remove from freezer; top and bake according to recipe instructions (no need to thaw).

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:224.28, Inflammation Score:-10, Nutrition Score:41.122173920193%

Nutrients (% of daily need)

Calories: 1501.5kcal (75.07%), Fat: 4.51g (6.94%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 312.89g (104.3%), Net Carbohydrates: 300.04g (109.11%), Sugar: 1.1g (1.22%), Cholesterol: 0mg (0%), Sodium: 1189.22mg (51.71%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 44.79g (89.59%), Vitamin B1: 3.96mg (263.94%), Folate: 907.23µg (226.81%), Selenium: 138.27µg (197.54%), Manganese: 2.8mg (139.77%), Vitamin B2: 2.29mg (134.52%), Vitamin B3: 26.8mg (133.99%), Iron: 19.01mg (105.62%), Fiber: 12.85g (51.41%), Phosphorus: 483.34mg (48.33%), Copper: 0.66mg (33.19%), Vitamin B5: 2.72mg (27.24%), Magnesium: 96.14mg (24.04%), Zinc: 3.43mg (22.88%), Potassium: 501.78mg (14.34%), Vitamin B6: 0.28mg (14.19%), Calcium: 72.63mg (7.26%), Vitamin E: 0.24mg (1.63%), Vitamin K: 1.25µg (1.19%)